

Physical Exercises for Girls

THERÈSE D. STEMPLE

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PHYSICAL EXERCISES
FOR GIRLS

PHYSICAL EXERCISES FOR GIRLS

COMPRISING

PLAIN, FANCY, AND STEP MARCHING ;
FREE MOVEMENTS ; AND EXERCISES
IN DUMB-BELLS, WANDS, INDIAN
CLUBS, AND CALISTHENIC RINGS

BY

THERESE D. STEMPER

WITH NUMEROUS ILLUSTRATIONS

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PREFATORY NOTE

THIS book has been written primarily for the Girls' Life Brigade, but at the same time it will meet the requirements often felt by teachers for some really good reliable work.

The exercises and movements have been systematically compiled in the simplest manner possible, and, with the numerous illustrations, will be found extremely clear to understand and easy to teach; at the same time they form a course of instruction for an average class.

I know from experience that these exercises well taught are of the greatest benefit to the pupil who does them in the right way. Of course all the movements and exercises can be accompanied by music; but that I leave to the discretion of the teacher, who knows how valuable music and rhythm is, besides adding very much to the enjoyment of the lesson.

THERESE D. STEMPER.

THE GYMNASIUM,
75 ALBANY STREET, REGENT'S PARK,
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INTRODUCTION

(By MRS. GEORGE CADBURY)



A NOTICEABLE feature of the present day is the provision of institutions and organisations for girls, which at one time it was thought only necessary to provide for boys. The increase in opportunities for girls to earn their own livelihood, the habits of independence created by the consequent freedom from all parental control, the general revolt against all forms of authority, combine to make the question of the right education of the girls of our cities of great importance. With the growth of a desire for independence there has not been a corresponding growth of sturdy self-reliance: with the rejection of outward control there has not come as a compensating balance a vigorous self-control. Any scheme that will improve the health of body and mind, that will increase the power of self-control, and promote unselfish actions, should be warmly encouraged.

In the excellent scheme now embodied in this book provided by the promoters of the

Girls' Life Brigade, there is the promise of some help towards these ends. Drilling is very necessary for girls who spend most of their time bending over machines, working in ill-ventilated factories, sitting on high stools, or standing for long hours.

We cannot help seeing that the physique and general physical condition of our countrymen and women is deteriorating. If one notices the individuals in a crowd in any of our large cities, one is struck with the pale unhealthy appearance and stunted growth of the majority. This is just as true of women as of men. What chance will the next generation have if those who are to be the mothers of it are puny and anæmic? It is true patriotism to try to improve the physique of Englishwomen.

Drilling and marching teach girls precision and to act in unison. I have heard lately an account of the admirable behaviour of some girls in a London factory when a fire broke out. These girls attended a club, and had been taught to drill. When the danger was discovered, their first impulse was to make a mad rush for the door. The forewoman sprang upon a chair and called to the girls to form into a line: in a moment they obeyed. She then gave the word of command, and they marched with a steady quick march out of the burning building, and not one was injured.

The life-saving lessons, whether in regard to fire or water, should impress girls with a

desire to be of service to others, and teach them in times of danger to care for the weak and helpless. The confidence fostered by knowing what to do in cases of emergency will stimulate the needful quality called "presence of mind."

Teach girls to develop their muscles, their lungs, their general condition, and it will help you who venture to undertake the training of their souls, in your strenuous endeavour to instil into their minds and hearts a noble ideal of life.

"The reason firm, the temperate will,
Endurance, foresight, strength, and skill.
A noble woman, nobly planned
To warn, to comfort, and command."

Wordsworth.

"Self-reverence, self-knowledge, self-control—
These three alone lead life to sovereign power."

Tennyson.

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PHYSICAL EXERCISES FOR GIRLS

MARCHING.

WHAT is Marching for? That is not always thought of. But what is better and more necessary than a graceful and erect walk, and how few possess it? Therefore marching, properly and regularly taught, is one of the best ways to improve the carriage of the whole body.

1. *Position in marching.*—With heels together and body well balanced, chest well forward, waist and hips drawn well back, and arms folded behind the body, the hands clasping about the elbows, and so pressed well into the centre of the back. See Plate I. For any but ornamental marching, allow the arms to swing naturally at the sides.

2. *Action of the legs.*—The leg should swing out gracefully with straightening the knee, pointing the toes well downwards so as to exert the instep, and toes turned naturally out.

3. *Marking time.*—Before marching forward, the section must learn to mark time, so as to become accustomed to the action of the legs. On the command “Mark Time,” the left foot swings out, and as soon as replaced to position the right swings out.

Repeat several times, and try the same to music.

4. *Turning.*—Most turns, unless specially mentioned, are made in quarter turns.

The turn is made by pivoting round on the left heel and raising the right foot from the ground, and at the finish of the turn is brought with a stamp to the position of heels together. Whether the turn is made to the left or right it is always made in this way, and the command must be given “Right Turn,” the action coming on the word “Turn.”

5. *Halting.*—The command “Halt” always comes on the right foot, then make one more step with left foot, and the right to finish by lifting knee slightly and raising foot under body, and *stamp*, i.e. “Halt. One—Two.”

In running, four steps are given to halt. Command “Halt” on right foot; slowing down left, right, left, and stamp right foot, i.e. “Halt. One—Two—Three—Four.”

6. *Marching forward.*—The section, with leader on right-hand side, all touching, shoulder to shoulder, the command given of “Right Turn,” so that now, one behind the other, with arms folded on the back,

PLATE I.



they are ready to march forward. The order "Mark Time" is given, and, on the command "Forward, March," the leader steps forward and all follow, each keeping close to the one in front, all in step, swinging the legs out gracefully, holding the body erect, etc. The leader will proceed wherever the teacher commands. Whenever a corner or angle is passed in single file, care must be taken to turn on the toes, so that every corner is precisely marked.

The following are some figures in marching, which may from time to time be attempted (see Plate on p. 7) :—

FANCY-STEP MARCHING.

7. *Tip-toe.*—Position: hands on hips.

Description.—To ordinary march time, commencing with left foot: raise as high as possible on toes. Do not swing leg out.

This may be varied by marching sixteen plain steps, and then changing to sixteen on tip-toes; back again to plain, and so on.

8. *Knee raising.*—Hands on hips.

Description.—To ordinary march time, raising left knee height of hip, with toes pointing down: immediately change and raise right knee. This may also be done on tip-toes, and varied with sixteen steps, as in No. 7.

9. *Change-step march.*—(Like a polka step.) Hands on hips.

Description.—With left foot one step forward, right foot up to left heel, left foot another step forward. Repeat, starting with right foot.

To be done on toes, and well pointed. The steps to be done in two counts—

One for the first step,

Two for the second and third steps, so that it can be done to ordinary march time, and changing with plain marching, as in Nos. 7 and 8.

10. *Heel and toe.*—Hands on hips.

Description.—Start with one change-step to the left, and before going to the right hop again on left foot, and bring right heel close to toes of left foot; hop again on left foot, and change from heel to toes with right foot; then repeat to the right, by starting with change-step to the right.

Four counts left and four right, as before, to march time, and by changing to plain march, as in No. 7.

11. *Thrusting march.*—Hands clenched.

Description.—To ordinary march time.

(1) As left foot steps out, hands to shoulders (elbows well down).

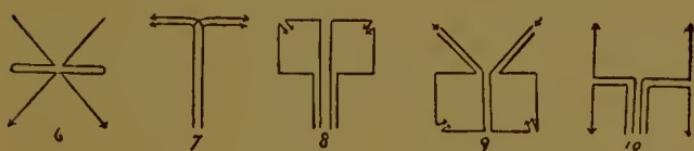
(2) As right foot steps out, hands thrust overhead.

(3) As left foot steps out, hands back to shoulders.

(4) As right foot steps out, hands thrust down to sides.

12. *Clapping march.*—Arms and hands straight by sides.

FIGURES FOR MARCHING.



Description.—To ordinary march time.

- (1) As left foot steps out, raise arms sideways straight to height of shoulders. Palms up.
- (2) As right foot steps out from side position, arms overhead and clap. Look up.
- (3) As left foot steps out, arms height of shoulders.
- (4) As right foot steps out, arms back to sides of body.

13. *Springing march.*—Hands on hips.

Description.—To ordinary march, make seven plain steps forward.

Eighth step—right foot closes up to left so as to stand heels together, then—

Ninth step—spring to feet astride.

Tenth step—spring, by crossing left foot over right.

Eleventh step—spring to feet astride.

Twelfth step—spring to heels together.

Repeat by right foot crossing on thirteenth, fourteenth, fifteenth, and sixteenth. Then step forward seven steps; eighth, heels together, and repeat.

14. *Graceful march.*—Hands on hips.

Description.—To march time.

- (1) From heels together, spring on right toes, and at same time raise left knee and gracefully straighten the left leg forward.

- (2) Change by springing forward on left toes, and lifting and straightening right knee. Repeat, left.

One of the best marches for fancy-step marching is “The Return of the Troops,” by M. Chambers.

RUNNING.

Position.—Hands clenched by sides of chest, elbows well back, and knuckles forward (nails showing).

Description.—Starting with left foot and spring lightly to right, and again to left, coming always down on the toes, and knees giving well, heels up behind. For halting, see No. 5.

Following are three different styles, best done in a circle. Hands on hips.

(1) *Heels up.*—Bending the knees well and throwing the foot as far back as possible, almost to touch of body. Lean well forward.

(2) *Knees up.*—Raising the knees as high as the hips in the spring, pointing toes down. Body thrown well back.

(3) *Straight swing.*—Swinging the whole leg forward, with knee straight, toes pointed, to at least height of knee. Body thrown well back.

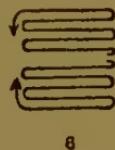
Highland schottische for trotting, and the three styles done in a slightly slower time.

The following are a few figures for plain trotting (see p. 11):—

THE GALOP.

Nothing is more exhilarating than a galop, and nothing can be more effective when well done ; so it may not be amiss to give directions for it.

FIGURES FOR RUNNING.



Form the girls into one large circle—or two circles, one within the other : each girl must have plenty of space. They all should face towards the centre of the circle. Hands on hips, or all hold hands.

Description.—It can be done either starting with the left foot or the right. Supposing the left starts, then spring sideways on to the left foot, and allow the weight to rest for a moment on the left, and then immediately change it to the right, and spring out again with the left. The rhythm is *one*, two—*one*, two. As the left foot leads, the left shoulder must be kept sideways too. Care should be taken to spring high up, and even with practice the feet can be made to touch in the air. Repeat to the right.

All this wants a great amount of practice to do well ; but, at the same time, care should be taken not to over-tire the pupils, as it is most exerting.



FREE EXERCISES.

HOW TO TAKE UP A POSITION FOR DRILLING.

1. In two lines.—Number off by twos, starting at the right end of line, where the leader should stand. On the command *March*, ones step forward, twos step backward, stepping out with left foot, right closing smartly.

If necessary, a further step may be taken to widen the lines.

2. In three lines.—Number off by threes. On command *March*, ones remain still, twos forward, threes backward.

3. In four lines.—Fall into two ranks and number off by twos. On command *March*—

(1) Rear rank one step backwards, and front rank one step forward.

(2) Number twos in rear rank, two steps backwards.

(3) Number ones in front rank, two steps forward.

In any of these formations the pupils ought to make a left or right quarter turn, so that the teacher faces one end. (See * in No. 2.)

The command “Cover” to be given,

PLATE II.



(1)



(2)



(3)



(4)

"Attention," which implies correct standing position of the body and absolute attention on the part of the pupil. Then the class is ready for either free exercises, dumb-bells, wands, clubs (wider distances will be needed for clubs), etc.

Note.—Between every few exercises in drilling, the pupils should be allowed to "Stand at Ease," *i.e.* by placing either the left or right foot outward and allowing the body a lax position. The command "Attention" to be given after about a minute's rest.

FREE EXERCISES.

Exercise 1.—From fundamental position.

(1) Arms to swing sideways overhead till tips of fingers meet (palms facing), and head thrown back, looking up, and arms straight. See Plate II. (1).

(2) Swing down arms to sides, and head normal.

Sixteen times.

Exercise 2.—Same exercise as No. 1, only back of hands touching overhead.

Exercise 3.—From fundamental position.

(1) Arms to swing sideways overhead, and clap hands together, arms straight, head thrown back. Plate II. (3).

(2) Arms to swing down, and clap behind body.

(3) Swing and clap overhead as movement (1). Plate II. (3).

(4) Swing to sides of body quietly.

Eight times.

Note.—These three exercises to be done smartly.

Exercise 4. — From position of arms straight, height of shoulders, palms *down*. Plate II. (2).

(1) Forward close, keeping height of shoulder.

(2) Open with pressing well back but not lowering the arms. Plate II. (2).

Sixteen times, and arms down.

Exercise 5. — From position of arms straight, height of shoulders, and palms *forward*.

(1) Forward close, palms together.

(2) Open without turning or lowering hands. Sixteen times, and arms down.

Exercise 6. — From position of arms straight, height of shoulders, *back of hand forward*.

(1) Forward close, by touching back of hand (little finger up).

(2) Open without turning or lowering hands. Sixteen times, and arms down.

Exercises 4, 5, and 6 to be done *slowly*, and always keeping arms straight at the height of

PLATE III.



(5)



(6)



(7)



(8)

the shoulders, and always in the second movement to press the arms back, so as to expand the chest, keeping the waist well drawn in.

Exercise 7.—From fundamental position.

(1) Arms to swing straight forward and overhead, head thrown back. Plate II. (3).

(2) Swing forward down, and head normal.

Sixteen times quickly.

Exercise 8.—From fundamental position.

(1) Arms to swing straight forward and overhead. Turn hands overhead so that the backs of hands face one another, and at once swing sideways down to position.

Sixteen times quickly.

Note.—This exercise may be also done by rising on tip-toes and lowering in the second movement.

Exercise 9.—From fundamental position.

(1) Swing left arm sideways overhead, back of hand towards body, turn head and look up, slightly bend over right at waist. Plate II. (4).

(2) Change by swinging left arm down and at the same time raising right arm, and reversing the entire movement.

Sixteen times slowly, then arms down.

Exercise 10.—From position of feet well astride, arms height of shoulders, palms down.

(1) Lower left arm and raise right arm, and

touch with left hand below knee, look up at right hand. Plate III. (5).

(2) Change by reversing the entire movement. Knees stiff. Eight times slowly.

Exercise 11.—From position of feet widely astride, arms straight height of shoulders, palms down.

(1) Lower left arm and raise right, and bend over left side by bending left knee, till left hand touches the ground outside of the left foot. Plate III. (6).

(2) Raise to height of shoulders, knees stiff.

(3) Lower right arm, bend body and knee, and touch outside the right foot.

(4) Raise to starting position, as in second movement.

Four times slowly.

Exercise 12.—From position of feet slightly astride, arms at sides.

(1) Swing both arms together to the left side by turning body, lifting right heel, so that the arms are well overhead, palms showing together, and body facing left, head up, chest well forward, and waist in. Plate III. (7).

(2) Swing down at the left and to front, and on to the right by turning the body, left heel lifted, so reversing the movement.

Arms always parallel. Eight times slowly.

Exercise 13.—From position of hands on hips (thumbs behind, elbows well back).

PLATE IV.



(9)



(10)



(11)



(12)

- (1) Rise on tip-toes, and balance.
- (2) Bend and open both knees, and sink till lowest position is reached ; head must be kept well erect, and spine also, so that there is perfect balance. Plate III. (8).
- (3) Rise by straightening knees till only tip-toe position remains.
- (4) Lower heels to ground.
Eight times slowly.

Exercise 14.—From position of feet widely astride, hands on hips.

- (1) Bend left knee as much as possible.
- (2) Rise, and at once change by bending right knee.

Sixteen times slowly.

Exercise 15.—From fundamental position, hands on hips.

- (1) Bend body forward at waist, head up, eyes looking forward, knees stiff, till right angle of body is attained. Plate IV. (9).

Straighten to normal position.

Sixteen times slowly.

Exercise 16.—From fundamental position, arms at sides, palms outwards.

- (1) Raise arms sideways overhead till they meet, and look up.
- (2) Bend forward at waist till hands touch ground, knees stiff. Plate IV. (10).
- (3) Raise body, and arms overhead, head up.
- (4) Arms sideways down, by keeping palms of hands showing outwards.

Eight times slowly.

WOODEN DUMB-BELLS.

All these exercises start from the fundamental position of heels together, knees straight and joined, arms at sides, with bells firmly held, chest well forward, and head erect.

Thrusting Movements.

Exercise 1.—(1) Bells horizontally to shoulders by keeping elbows at waist (see that the wrists are straight, nails showing). Plate IV. (11).

(2) Thrust overhead, arms straightening, head thrown back. Plate IV. (12).

(3) Return to (1).

(4) Return to position.

Quickly, sixteen times.

Exercise 2.—(1) Bells vertically on either side of chest, elbows drawn back, wrists straight, and nails showing. Plate V. (13).

(2) Thrust forward by straightening arms, palms showing together.

(3) Return to position (1).

(4) Return to position.

Quickly, sixteen times.

Exercise 3.—(1) Bells horizontally to shoulders, elbows at waist, wrists straight. Plate IV. (11).

PLATE V.



(13)



(14)



(15)



(16)

(2) Thrust sideways, keep palms upwards, arms straight.

(3) Return to (1).

(4) Return to position.

Quickly, sixteen times.

Exercise 4.—(1) Bells vertically on either side of chest, elbows drawn back, wrists straight, at the same time spring from toes lightly to feet astride.

(2) By a sharp forward bend of the body, thrust downwards between feet. Plate V. (14).

(3) Raise body, bells to shoulders horizontally, elbows at waist.

(4) Thrust overhead and look up.

(5) Return bells to shoulders vertically.

(6) Thrust forward (palms showing together).

(7) Return bells to shoulders.

(8) Arms down to sides, spring by bending knees to heels together.

Four times slowly.

Exercise 5.—(1) Bells to shoulders vertically, spring to feet astride.

(2) Bend body forward over left leg by bending left knee, and thrust downwards on either side of left foot by touching the ground with the bells. Plate V. (15).

(3) Raise body, straighten left knee, bells horizontally to shoulders, elbows at waist.

(4) Thrust overhead by leaning back and looking up.

- (5) Return bells to shoulders, body normal.
- (6) Bend forward and repeat downward thrust over right leg by bending right knee.
- (7) Raise, and bells to shoulders.
- (8) Arms down and heels together by lightly springing.

Four times slowly.

Exercise 6.—(1) Bells to shoulders vertically, elbows drawn back.

(2) Thrust forward height of shoulders, palms showing together.

(3) Open arms sideways by keeping them straight and level, thumbs uppermost.

(4) Close bells together overhead, thumb ends meeting, look up, arms straight. Plate V. (16).

(5) Return to side position (3).

(6) Return to forward position (2).

(7) Return to position (1).

(8) Return to position.

Quickly, eight times.

Note.—In all these first six exercises, whenever there is a thrust to be made, it is to be done with as much energy as possible.

Swinging Exercises.

Exercise 7.—(1) Swing bells overhead sideways, by throwing head back, touching thumb side of bells only. Plate V. (16).

(2) Swing to sides to position.

Sixteen times, in moderate time.

PLATE VI.



(17)



(18)



(19)



(20)

Exercise 8.—(1) Swing bells sideways overhead, thumb side to clash. Plate V. (16).

(2) Swing sideways down, and clash in front of body by little-finger side of bells meeting.

(3) Return to (1).

(4) Return to sides to position.

Eight times, moderate time.

Exercise 9.—(1) Swing bells sideways overhead, thumb side to clash. Plate V. (16).

(2) Swing bells sideways down, and clash little-finger side together behind body. Plate VI. (17).

(3) Swing to overhead position (1).

(4) Swing down to position.

Eight times, moderate time.

Exercise 10.—(1) Swing bells sideways overhead, thumb side to clash. Plate V. (16).

(2) Bend body forward by lowering and opening arms *sideways* till they meet, and clash little-finger side together in front of ankles. Plate VI. (18).

(3) Raise body and swing sideways to (1).

(4) Swing down to position.

Slowly, four times.

Exercise 11.—(1) Swing bells sideways overhead, thumb side to clash. Plate V. (16).

- (2) Bend body forward, lower and open arms *sideways* till they meet, and clash behind lower legs. Plate VI. (19).
- (3) Raise body to position (1).
- (4) Swing to position.

Slowly, four times.

Exercise 12.—(1) Arms sideways up to height of shoulders, thumb side up, left foot step to astride position at left side.

(2) Swing right arm up and overhead, and descend on to left bell, thumb side together, at the same time bend body sideways to the left, and keep head between the arms. Plate VI. (20).

(3) Swing right arm overhead, back to position (1) by straightening body.

- (4) Return to position and heels together.
- (5, 6, 7, 8) Repeat to the right side.

Slowly, four times.

Exercise 13.—(1) Raise bells to chest by bending arms, elbows well up, both ends of bells touching chest; extend left foot forward by pointing, and touching only with the tips of the toes. Plate VII. (21).

(2) Open arms sideways to height of shoulders by swinging well forward, thumbs uppermost, left foot to raise from ground; swing to side extension, toes only lightly touching, chest expanded, waist drawn in. Plate VII. (22).

(3) Bells swing back to chest, and foot to

PLATE VII.



(21)



(22)



(23)



(24)

forward extension, as position (1). Plate VII. (21).

(4) Arms down and heels together.

(5, 6, 7, 8) Repeat with right foot.

Slowly, four times.

Exercise 14.—(1) Raise arms forward straight to height of shoulder, thumbs uppermost, left foot one step well backwards. Plate VII. (23).

(2) Swing left arm sideways and backwards by turning on both heels one quarter left turn. The feet are now astride, arms sideways height of shoulders.

(3) Raise bells overhead and clash both ends, lean back and look up.

(4) Swing bells down between feet by a forward bend of body, knees stiff.

(5) Raise body, bells overhead as position (3).

(6) Open arms sideways as position (2).

(7) Turn on heels one quarter right to front, close arms as in position (1). Plate VII. (23).

(8) Arms down and heels together.

Repeat eight movements at right side, starting with right foot.

Slowly, four times.

Exercise 15.—(1) Arms sideways overhead, and clash thumb side together. Plate V. (16).

(2) Keep bells together, and head between

arms, and bend body sideways left. Plate VII. (24).

(3) Raise body, keeping arms overhead.

(4) Lower arms to height of shoulder, at the same time sink on tip-toes to half squat, by opening and bending knees. Plate VIII. (25).

(5) Raise arms and clash bells overhead again by straightening knees, heels down. Plate V. (16).

(6) Bend body right, as in position (2).

(7) Raise body.

(8) Arms down to position.

Slowly, eight times.

Exercise 16.—(1) Raise arms parallel by clashing both ends together, at height of shoulder; extend left foot obliquely forwards, toes only touching. Arms and body slightly turned so as to face direction where left foot points.

(2) Swing open arms to side position, height of shoulder, keeping thumbs up, chest well expanded. Lunge with left foot obliquely left. Plate VIII. (26).

(3) Raise bells overhead, and thumb side clash, remaining in the lunge.

(4) Keep bells together and bend body forward, touch ground with bells in front of left foot. Plate VIII. (27).

(5) Raise to overhead position, still keeping the lunge, with left knee bent, as in (3).

(6) Lower arms to side position, as in (2). Plate VIII. (26).

PLATE VIII.



(25)

(26)



(27)

(7) Bells closing forward by clashing, and spring back to left oblique extension, as in (1).

(8) Arms down and heels together.

Repeat the eight movements at the right side with right foot.

Slowly, four times.



WANDS.

There are several length wands, therefore there are various ways of carrying them; so the teacher must use her own judgment as to the method, by the length of the wand.

The same rule applies to the bringing into position.

She also must see that in position the wand is held by the whole hand. The best way for obtaining the right distance for the ordinary hold is that of bringing the wand to chest, and placing the hands just outside the width of the chest.

For that of the wide hold, to bring the wand overhead, with the hands wide apart, and yet so that the wand does not touch the head.

Exercises with Ordinary Hold, and all from Fundamental Position.

Exercise 1.—(1) Raise wand to chest, wrists thrown up, and elbows at waist. Plate IX. (28).

(2) Thrust overhead by throwing head back and straightening arms.

(3) Return wand to chest, as in position (1).

(4) Wand down to position.

Quickly, sixteen times.

Exercise 2.—(1) Raise wand to chest, as in Exercise 1.

(2) Thrust forward height of shoulders by straightening arms.

(3) Return wand to chest.

(4) Return wand to position.

Quickly, sixteen times.

Exercise 3.—(1) Wand to chest, as in Exercise 1.

(2) Thrust wand sideways left by straightening left arm, right elbow remains bent and down, wand horizontally resting on the right wrist, head turned left. Plate IX. (29).

(3) Return wand to chest.

(4) Return wand to position.

(5, 6, 7, 8) Repeat by thrusting to the right.

Quickly, eight times.

Note.—These three exercises can be used with either tip-toe or squatting movement. The leg movement to be made always in the thrust; that is, on the second movement, and return on the third movement.

Exercise 4.—(1) Wand to chest, as in Exercise 1.

PLATE IX.



(28)



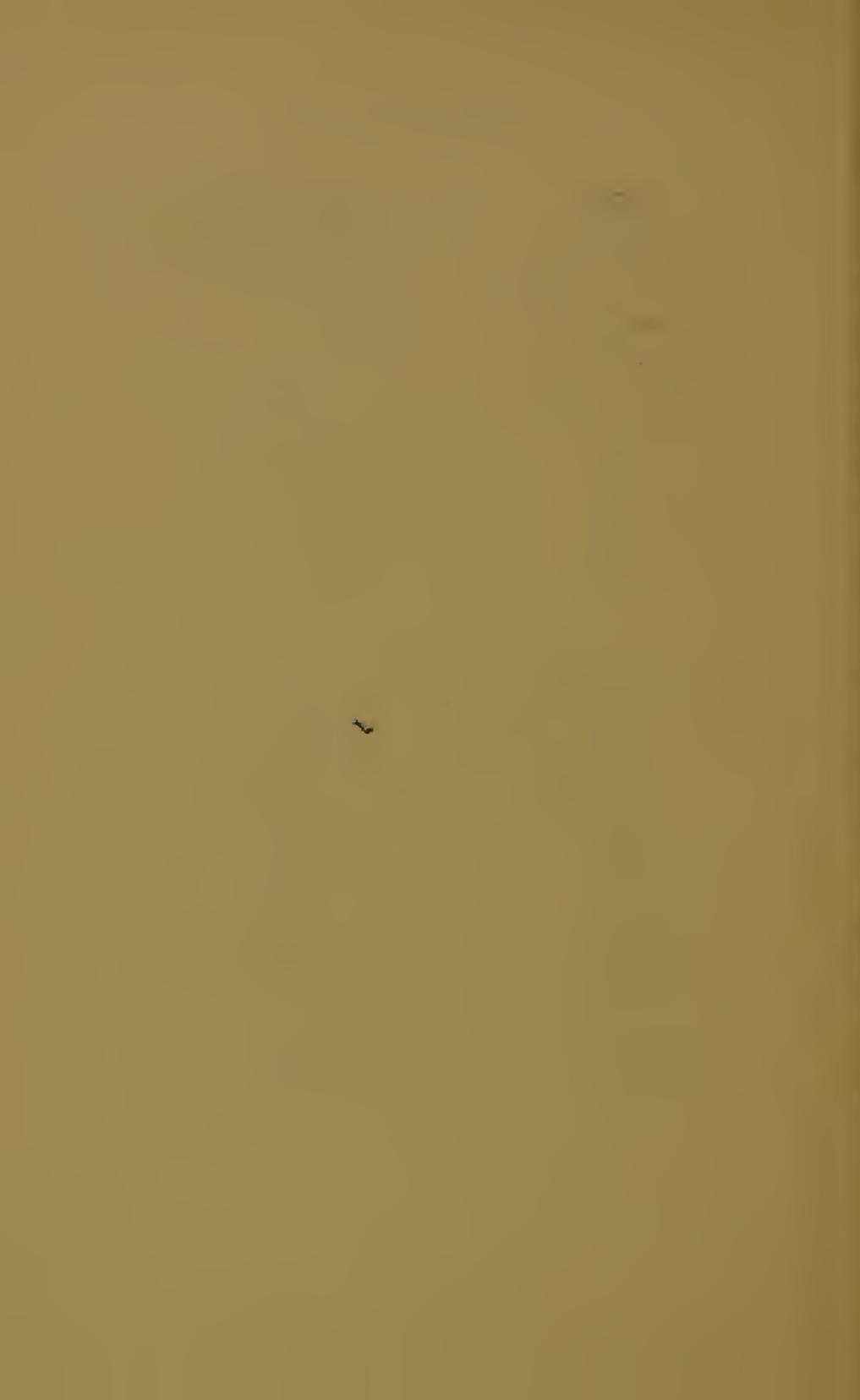
(29)



(30)



(31)



(2) Thrust overhead by bending body sideways left without turning. Keep the head between the arms, so that the whole position slants to the left. Plate IX. (30).

(3) Return wand to chest, and body erect.

(4) Return wand to position.

(5, 6, 7, 8) Repeat to the right side.

Quickly, eight times.

Exercise 5.—(1) Wand to chest, as in Exercise 1.

(2) Thrust wand forward to height of shoulders.

(3) Keep arms straight, swing wand overhead, and look up. Plate X. (32).

(4) Lower wand behind on shoulders and bring elbows well down, look forward. Plate IX. (31).

(5) Thrust overhead and look up. Plate X. (32).

(6) Lower arms forward by keeping them straight to position height of shoulders.

(7) Return wand to chest.

(8) Return wand to position.

Quickly, eight times.

Exercise 6.—(1) Swing wand forward and overhead by keeping arms straight and throwing head back. Plate X. (32).

(2) Swing wand down, and body normal.

Moderate time, sixteen times.

Exercise 7.—(1) Swing wand forward overhead, arms straight, look up. Plate X. (32).

(2) Lower wand behind head on to shoulders by bending arms and bringing elbows to sides. Plate IX. (31).

(3) Thrust wand overhead.

(4) Swing wand down by keeping arms straight.

Quickly, eight times.

Exercise 8.—(1) Swing wand overhead, arms straight, look up. Plate X. (32).

(2) Bend body forward by swinging wand down, and if possible touch instep, knees stiff. Plate X. (33).

(3) Swing wand overhead and raise body.

(4) Swing wand to position.

Slowly, eight times.

Exercise 9.—(1) Bring right hand to left shoulder, so that the wand is vertical against the left side. Plate X. (34).

(2) Swing left hand sideways overhead, and slightly over to the right side by bending body. Keep right hand against left shoulder. Look up to the left hand. Plate X. (35).

(3) Return left hand to left side by swinging sideways down, body erect.

(4) Return wand to position.

(5, 6, 7, 8) Repeat to the right side.

Slowly, four times.

Exercise 10.—(1) Right hand to left shoulder, wand vertical. Extend left foot side-

PLATE X.



(32)



(33)



(34)



(35)

PLATE XI.



(36)



(37)



(38)



(39)

ways, toes pointed, and lightly touching ground.

(2) Turn on right heel and left toes one quarter left by swinging the wand overhead. The position now is left foot in forward extension, and the wand should be well overhead, and head thrown back, looking up, arms straight. Plate XI. (36).

(3) Turn front on right heel and left toes by bringing wand behind head on shoulders.

(4) Swing wand overhead and down to position, and left foot return to right, heels together.

(5, 6, 7, 8) Repeat at right side.

Slowly, four times.

Exercise 11.—(1) Left hand to right shoulder, wand vertical at right side. Extend left foot sideways left.

(2) Swing wand down and overhead by turning body left, and swinging left foot behind right to the rear extension, as body faces one quarter left now. Left toes only touching, and head thrown up. Plate XI. (37).

(3) Swing wand down back to vertical position by right side, with left hand up, right down. Return left foot to side extension, and face front.

(4) Return wand to starting position, and heels together.

(5, 6, 7, 8) Repeat to the right side.

Slowly, four times.

Exercise 12.—(1) Right hand to left shoulder, wand vertical at left side. Extend left foot sideways left.

(2) Keep right hand firm at left shoulder, and swing left arm sideways left overhead to vertical position. Lunge sideways left with left foot. Plate XI. (38).

(3) Spring back to left extension, and swing right arm down to right side.

(4) Heels together, left hand down to position.

(5, 6, 7, 8) Repeat to the right side.

Moderate time, four times.

Exercise 13.—(1) Raise wand straight to height of shoulders forward, and extend left foot obliquely forward.

(2) Wand to swing overhead by lunging with left foot obliquely forward. Face left oblique, and head well up. Plate XI. (39).

(3) Lower wand to forward position, and left foot to extension, as in (1).

(4) Wand down, and heels together.

(5, 6, 7, 8) Repeat at the right side.

Slowly, four times.

Exercise 14.—(1) Wand to chest, elbows at waist, left foot one large step backwards.

(2) Thrust wand overhead by bending left knee, with leaning well back, and looking up. Plate XII. (40).

(3) Return wand to chest, and straighten left knee.

PLATE XII.



(40)



(41)



(42)

- (4) Wand down, and heels together.
(5, 6, 7, 8) Repeat with right foot.
Slowly, four times.

Exercise 15.—(1) Swing wand overhead with straight arms. Plate X. (32).

(2) Lower left end of wand to vertical position by squatting on toes, and opening and bending knees to lowest position, till left end of wand touches the ground. Plate XII. (41).

(3) Rise by straightening knees, heels down, and swing wand overhead, as in (1).

(4) Swing wand to position.

(5, 6, 7, 8) Repeat by lowering right end.
Moderate time, four times.

Exercise 16.—(1) Squat to lowest position by raising wand with straight arms height of shoulders. Plate XII. (42).

(2) Bend body forward over toes by straightening knees and lowering heels, without raising body; at the same time lower wand over toes. Plate X. (33).

(3) Swing wand overhead by raising body, look up. Plate X. (32).

(4) Swing wand down to position.

Moderate time, eight times.

Exercises with Hands in Wide Position.

Exercise 1.—(1) Swing wand overhead, and look up. Plate XIII. (43).

(2) Lower in front of body, as starting position.

(3) Swing wand overhead, and down to lowest position behind body, arms straight. Plate XIII. (44).

(4) Swing wand back to position in front.

Moderate time, eight times.

Exercise 2.—(1) Swing wand overhead.

(2) Lower left end sideways against left side of body, bend body over left, and look up right. Plate XIII. (45).

(3) Raise wand horizontally overhead, as in (1).

(4) Swing wand down.

(5, 6, 7, 8) Repeat to the right side.

Slowly, four times.

Note.—This exercise can afterwards be repeated by making a side extension with the left and right foot. If left end lowers, then right foot extends.

Exercise 3.—(1) Raise right hand till wand is vertical at left side of body, behind shoulder. Plate XIII. (46).

(2) Lower right hand behind body, so that wand is in the rear, with straight arms. Plate XIII. (44).

(3) Raise left hand till wand is vertical at right side, in front of right shoulder.

(4) Lower left hand and wand to position.

(5, 6, 7, 8) Repeat with raising first right hand.

Moderate time, four times.

PLATE XIII.



(43)



(44)



(45)



(46)

Exercise 4. — (1) Swing wand overhead and down behind body. Plate XIII. (44).

(2) Swing up and down again by bending body forward, and lower wand below knees.

(3) Raise body to erect position, and swing wand behind body, as in (1).

(4) Return wand to position.

Slowly, eight times.

Exercise 5. — (1) Swing wand overhead with straight arms, and extend left foot sideways left.

(2) Lower right end of wand till the right hand touches the outside of right knee ; at the same time lunge sideways left with left foot. Look up left. Plate XIV. (47).

(3) Spring back to left foot extension, and wand overhead.

(4) Heels together, and wand down.

(5, 6, 7, 8) Repeat at the right side.

Slowly, four times.

Note. — Same exercise may be repeated with an oblique forward extension and lunge.

Exercise 6. — (1) Swing wand overhead, and lower right end of wand by right side of body, and lunge sideways left, as position (2) of Exercise 5. Plate XIV. (47).

(2) Turn on both heels by lifting up toes to the right, straightening left knee and bending right, by changing wand to left side of body, so reversing the whole position.

(3) Turn back to left and change position of arms, as in (1).

(4) Spring back to heels together, and swing wand up and down to position.

(5, 6, 7, 8) Repeat at the right side.

Slowly, four times.

Note.—Same exercise may be done in an oblique forward movement.

Exercise 7.—(1) Swing wand overhead, left foot extend sideways left.

(2) Lower wand behind body with straight arms, and lunge sideways left. Plate XIV. (48).

(3) Spring back to extension, and wand overhead.

(4) Wand down, and heels together.

(5, 6, 7, 8) Repeat at the right side.

Slowly, four times.

Note.—Same exercise may be repeated with forward lunge movement.

Exercise 8.—(1) Swing wand up and behind body at once, and lunge at the same time sideways left. Plate XIV. (48).

(2) Spring back to heels together, and swing wand down to front of body.

(3, 4) Repeat at the right side.

Slowly, four times.

Note.—The same may be done in the forward lunge movement.

PLATE XIV.



(47)



(48)

INDIAN CLUBS.

Clubs for girls should average in weight between $\frac{1}{2}$ lb. and $\frac{3}{4}$ lb. each club, and they should be held so that the button of the club rests below the palm of the hand, and the fingers wound obliquely up the club, grasping but not stiffening the hand to a strong hold.

The clubs, while marching and waiting between exercises, should be carried slanting on the shoulders, not letting the bell end of the club project much over the shoulder.

More distance is needed for swinging clubs, and also *always* the feet must be placed slightly astride, the weight well balanced between the feet, and *not* to lift the heel or turn the feet (the latter only applies for simple exercises).

To start any exercise, the clubs should be brought into *Position*, which is to hold them vertically in front of the body, hands height of chest, elbows bent but not touching the body, and also not allowing the elbows to stand out a great deal. Plate XV. (49).

Always, on starting an exercise, give the command "Position"; and, on the finish of an exercise, the command "Shoulder Clubs" should be given.

Great attention should be paid to what is

known as "side form," that is to say, all swinging should take place from side to side *distinctly*, never allowing the club to come even at all obliquely forward or backward.

This must be taught in every exercise, especially at first, when the pupil is learning how to hold and swing a club. All exercises start from the position of feet astride and clubs in Position—slowly at first, then to the correct time of a waltz.

Outside Circles.

Exercise 1.—(1) Extend left club overhead (see that it is straight overhead). Balance right club in position.

(2) Swing outwards to the left, and complete the circle by going down and up to the right and on to overhead position.

(3) Bring left club down to position.

(4, 5, 6) Repeat with right club to the right.

Repeat left and right eight times.

Inside Circles.

Exercise 2.—(1) Left club overhead, right club balance.

(2) Left club swing to the right downwards and up to the left, and back to overhead position.

(3) Return left club to position.

(4, 5, 6) Repeat with right club to the left.

Eight times.

Outside and Inside Circles.

Exercise 3.—(1) Both clubs overhead.
Plate XV. (50).

(2) Left club swings to the left, and right club to the right; they pass and cross one another at the lowest point, and continue in same circle till overhead position is reached.

(3) Both clubs to position.

(4, 5, 6) Repeat by swinging in inside circle, crossing overhead first and opening afterwards. Left club to the right, and right club to left.

Eight times.

Parallel Circles.

Exercise 4.—(1) Both clubs overhead.

(2) Both clubs swing to the left, keeping parallel, pass in front of the body and up to the right to overhead position. (This exercise must be done without turning the body, and without crossing the clubs.)

(3) Both clubs down.

(4, 5, 6) Repeat by swinging parallel to the right.

Eight times.

Note.—These last four exercises may *all* be done in a second stage—that of continuing the *circle* for three successive times, *i.e.* in Exercise 4, third movement—clubs overhead.

(1) Clubs swing to the left, down and up to right, and overhead.

- (2) Pass overhead and repeat circle to the left.
- (3) Pass overhead and repeat circle to the left.
- (4) Clubs down.

Outside Circle in Front of Body and Behind Head.

Exercise 5. — (1) Left club overhead.
Right balance.

(2) Swing to the left, full circle and a little more, till the arm and club points obliquely sideways from the shoulder.

(3) Bend the elbow and let the club drop sideways down, and bring the hand close to the shoulder. Circle the club behind the head and shoulder, and, at the finish of the small circle twist, raise club overhead.

(4) Swing out again in full circle left to overhead position.

(5, 6, 7, 8) Change, and repeat with right club to the right.

Eight times.

Inside Circle in Front of Body and Behind Head.

Exercise 6. — (1) Left club overhead.
Right balance.

(2) Swing to the right, full circle and a little more, so that the arm and club points obliquely sideways to the right.

(3) Bend the elbow and drop the club behind head and shoulder, making a circle

twist, and at the finish raise overhead to the straight arm position.

- (4) Swing another full circle to the right.
(5, 6, 7, 8) Change, and repeat with right club to the left.

Eight times.

Parallel Circle of Both Clubs in Front of Body and Behind Head.

Exercise 7.—Clubs overhead. (1) Both clubs in parallel swing left making a full circle and coming to overhead position, but pointing slightly left. Keep the body facing front.

(2) Bend both arms and circle the clubs in parallel swing behind head and shoulders till overhead position is reached with straight arms.

Sixteen times to left, and sixteen times to right.

Outside Circle of Both Clubs in Front and Behind Head.

Exercise 8.—Clubs overhead. (1) Swing both clubs in outside circle, left club to left, and right club to right, pass below, and overhead till each club points sideways obliquely.

(2) Bend both arms and drop the clubs in circle, twist behind head and shoulders (care must be taken to pass the clubs carefully, so as not to clash). Come to overhead position, and repeat movement (1).

Sixteen times.

Inside Circle of Both Clubs in Front and Behind Head.

Exercise 9.—Clubs overhead.

(1) Swing both clubs in inside full circle, left club to the right, right club to the left, crossing overhead first, and then coming back to that position.

(2) Bend both arms and circle clubs behind the head, crossing first, and raising them at the finish to the overhead position, and repeat movement (1).

Sixteen times.

Parallel Swing from Left to Right, with Turn of Body (feet firm).

Exercise 10.—Turn body quarter left and clubs overhead.

(1) Swing clubs together down from the left, pass in front of body and swing up to the right by turning to the right, and swing them well overhead and at the highest point.

(2) Bend the arms, drop the clubs behind the body to the lowest point, elbows high, and hands touching the rear of the shoulders. Plate XV. (51).

(3) Lift overhead, and swing from the right down and up to the left.

(4) Drop behind by facing left, as in movement (2).

Sixteen times.

PLATE XV.



(49)



(50)



(51)

Note on Twists.

The first two wrist twists are the down and up twists. They should be practised one hand at a time, so as to get the right movement. The fingers must unclose slightly and grasp again at the finish of the twist.

The *down twist* is made by dropping the club straight forward *away* from the body and turning the hand to the outside, and then continuing the drop till it comes to the lowest point, then lift the club on the outside of the arm till the starting-point is reached.

The *up twist* is made by dropping the club on the outside of the arm *towards* the body, and allowing it to continue its circle, and lift it up to the original position.

These twists afterwards to be done slowly, both hands together, and then quickly, so that the whole movement becomes one complete small circle made from the wrist, and not by moving the whole arm too much.

The twists can also be made in either direction on the *inside* of the arms.

Parallel Swing from Side to Side with Down Twist.

Exercise 11. — Turn body quarter left, clubs in position.

(1) Twist both clubs downwards on the outside of the arms, and at the finish raise them overhead.

- (2) Swing down and turn.
- (3) Drop at the right, behind body.
Plate XV. (51).
- (4) Lift overhead and at the height of the shoulders in the downward movement, twist.
- (5) Lift overhead after the twist, and swing down and up to the left.
- (6) Drop at the left, behind body. Repeat from (1).

Eight times.

Parallel Swing with Down and Up Twist.

Exercise 12. — Turn body quarter left, clubs in position.

- (1) Down twist and clubs overhead.
- (2) Swing down at the left and up to the right as far as height of shoulders.
- (3) Up twist by keeping arms at height of shoulders, and allowing the clubs to make the small circle from the wrists known as the up twist (see p. 68).
- (4) Lift the clubs overhead well and drop behind back to the lowest point. (Body facing right, but feet firm.) Plate XV. (51).
- (5) Swing the clubs the shortest way to the front, and immediately make the *down* twist at height of shoulders.
- (6) Lift overhead and swing from right to left, height of shoulders.
- (7) Up twist and lift overhead.
- (8) Drop behind body at the left. Repeat from (1).

Four times.

Parallel Swing with Double Up and Down Twist.

Exercise 13.—Repeat Exercise 12 exactly; only, instead of making one twist everywhere, make two successive twists.

Four times.

Parallel Swing with Waist Twist (Body not to Turn).

Exercise 14.—Clubs overhead.

(1) Swing both clubs to the left, and, when they come to the lowest point in front of the body, bend the elbows and bring the hands in front of the waist.

(2) Let the clubs continue in the same direction in short circle twist by keeping the hands in front of the waist, and at the finish of the twist let them swing out to the right, and continue in a large full circle with straight arms till the first movement is repeated and second again following.

Repeat to the right.

Sixteen times.

Outside Circle with Down Twist Height of Shoulder.

Exercise 15.—Clubs overhead. Body facing front.

(1) Both clubs in outside circle with straight arms, pass by crossing below and overhead, and as far as the height of shoulders, keep the arms still, and—

(2) Twist both clubs in down twist on the outside of the arms, and at the finish of the twist lower the clubs and arms and repeat movement (1).

Sixteen times.

Note.—In Exercises 14 and 15 the twists can be doubled and also trebled.

Inside Circle with Up Twist.

Exercise 16.—Clubs overhead. Body facing front.

(1) Both clubs with straight arms in inside circle pass and cross overhead, swing out as far as the height of shoulders, stop the arms, and—

(2) Twist both clubs upwards on the outside of the arms, and at the finish lift the clubs upwards and continue the full inside circle.

Sixteen times.

Note.—The twists may also be doubled or trebled.

Outside Circle with Waist Twist.

Exercise 17.—Clubs overhead.

(1) Swing clubs in outside circle till the lowest point is reached, then bend the arms and draw the clubs in front of the waist, and—

(2) Twist both clubs in front of the waist (care being taken to cross them, so as not to clash), and at the finish of the twist

swing out into full circle and repeat first movement.

Sixteen times.

Outside Circle with Waist and Behind Head Twist.

Exercise 18.—Clubs overhead.

- (1) Swing clubs in outside circle, and make
- (2) Waist twist, as in Exercise 17.
- (3) Swing upwards, and at once bend arms and lower in swing the clubs behind head and shoulder (see Exercise 8, movement (2)), lift overhead, and repeat the first movement.

Eight times.



CALISTHENIC RINGS.

Exercises with rings may be performed in various ways—

1st. In straight lines of any number.
2nd. In couples, face to face or back to back.

3rd. In fours, face to face or back to back.
4th. In a circle of any number.

Marching may be done with the rings placed on the head, so that the pupils must hold themselves erect and control their bodies, and walk steadily.

Exercises with Rings in Straight Lines.

The distance between neighbours should be the length of one arm.

All rings in the right hand.

Command, "Hands on neighbour's rings—*Place.*" (Back of hand up, in the grasp.)

See that every pupil stands with somebody about the same height and length of arm.

Position to start every exercise in this group: Hands on rings, arms straight, heels together, body erect.

Exercise 1.—(1) Swing the arms straight forward and upwards overhead, with straight arms, heads thrown back. Plate XVI. (52).

(2) Swing down to position with straight arms.

Moderate time, sixteen times.

Exercise 2.—(1) Swing arms straight forward and overhead, and rise on tip-toes.

(2) Swing arms down, and lower heels to ground.

Sixteen times.

Exercise 3.—(1) Swing arms straight forward and overhead, and squat half-way down by bending and opening knees, on toes only. Plate XVI. (53).

(2) Arms swing down, legs straighten, and heels down.

Sixteen times.

PLATE XVI.



(52)



(53)



(54)



(55)

Exercise 4.—(1) Swing overhead and raise left knee to the height of the hip, toes pointed, and keep the left foot beside the right knee. Plate XVI. (54).

(2) Arms down, left foot down.

(3, 4) Repeat arm swing, and right knee raise.

Eight times.

Exercise 5.—(1) Swing arms overhead, and extend left foot forward, pointing well, and only toes lightly touching. (Head thrown back.) Plate XVI. (55).

(2) Arms down and left foot return.

(3, 4) Repeat with right extension.

Eight times.

Exercise 6.—(1) Swing arms overhead, and extend left foot sideways.

(2) Arms down and left foot return.

(3, 4) Repeat with right foot.

Eight times.

Exercise 7.—(1) Swing arms overhead, and lunge obliquely forward with left foot. Plate XVII. (56).

(2) Arms down and left foot return.

(3, 4) Repeat with right lunge.

Eight times.

Exercise 8.—(1) Swing arms overhead and lean well back.

(2) Swing arms down, and at the same

time bend body forward and swing arms up to the rear. Plate XVII. (57).

(3) Swing arms overhead and body straighten.

(4) Swing arms down to sides of body and erect position.

Eight times.

Note.—All these exercises to be done in the fourth method—that of a circle of any number.

*Ring Exercises in Couples and Fours
(face to face or back to back).*

Sufficient distance apart so as to swing freely, and all swings to be done with straight arms.

Exercise 1.—(1) Arms to swing sideways overhead, till little-finger side of ring touches. Plate XVII. (58).

(2) Arms swing down.

Sixteen times.

Exercise 2.—(1) Swing overhead and rise on tip-toes.

(2) Arms swing down and lower heels lightly.

Sixteen times.

Exercise 3.—(1) Swing overhead and squat half-way.

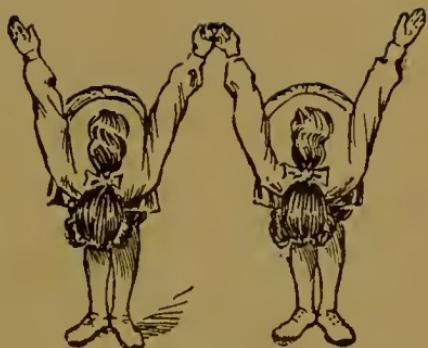
(2) Swing down and legs straighten.

Sixteen times.

PLATE XVII.



(56)



(57)



(58)



(59)

Exercise 4.—(1) Swing overhead and left foot sideways extend.

(2) Swing down and left foot return.

(3, 4) Repeat with right extension.

Eight times.

Exercise 5.—(1) Swing overhead and left foot lunge obliquely forward.

(2) Swing down and left foot return.

(3, 4) Repeat with right lunge.

Eight times.

Exercises done to the same side (that is, one Partner working left, one right).

Call the sides “inside” and “outside,” according to the lines.

Of course, these exercises can only be done in couples.

Exercise 1.—(1) Centre arms, swing overhead, bend sideways over to the outside, and look up. Plate XVII. (59).

(2) Arms down and body straighten.

(3) Outside arms swing up, bend sideways over to centre.

(4) Arms down and body straighten.

Eight times.

Exercise 2.—(1) Centre arms swing up, and extend centre foot. Lean to the outside, and look up to hand.

(2) Arms down, heels together.

(3, 4) Repeat other side.

Eight times.

Exercise 3.—(1) Centre arms swing up, and lunge sideways to the centre. Plate XVIII. (60).

(2) Arms down and heels together.

(3, 4) Repeat other side.

Eight times.

Exercise 4.—(1) Centre arms swing up, and lunge sideways to the centre. Plate XVIII. (60).

(2) Keep in the lunge and bend over the lunging leg, lowering the overhead arm to the ground, and raising the outside arm to highest point. Plate XVIII. (61).

(3) Raise body, centre arm swing overhead, outside arm lower.

(4) Arms to swing down and heels together.

(5, 6, 7, 8) Repeat to the other side.

Four times.

Exercise 5.—(1) Centre arms to swing up, and lunge to the inside. Plate XVIII. (60).

(2) Spring from the lunge, and with the centre foot pass through the position, and cross over the outside foot to the extension ; swing centre arm down and up again, also passing through and up to the outside. Plate XVIII. (62).

(3) Return to the lunge, and centre arms to the overhead position of movement (1).

(4) Heels together and arms down.

(5, 6, 7, 8) Repeat to the other side.

Four times.



PLATE XVIII.



(60)



(61)



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